

## Family Caregiving

Mrs. Martin is frequently unable to attend church or committee meetings due to a recent change in her life. She is a caregiver. Her mother, now memory and physically impaired needs assistance with just about everything. Mrs. Martin works full-time and caregiving has taken quite a bit of time away from other things in her life and has taken a toll on her energy as well.

**One of every four** adult North Carolinians is caring for someone age 60 or older. These could be your friends, your neighbors, your church family or it might even be you.

There is help available in many communities through the National Family Caregiver Support Program and other caregiver initiatives. Churches across North Carolina are responding to the needs of caregivers in various ways. To learn more about how churches can respond to the needs of caregivers visit (<http://www.dhhs.state.nc.us/aging/fcaregr/fchome.htm>) and click on "Information for the Faith Community".